
CLEAR HARBOR

REFUEL TOGETHER COHORTS

FAQ: FREQUENTLY ASKED QUESTIONS



Refuel Together cohorts are small, curated groups of leaders creating social change. Every leader in Clear Harbor is committed to inclusion & equity.

Each cohort receives coaching and facilitated peer support. Cohort members receive access to the [Clear Harbor membership](#) online.

Leaders in our cohorts feel supported, connected, and better prepared to keep leading.

You apply to join a small group of 6 to 9 leaders. Together you reflect, strategize, and get re-charged every month in a supported, confidential environment.

Leaders in Clear Harbor lead from a high level of accountability. They are:

- C-suite, Executive job titles)C-suite, Executive, or Director level leaders who oversee a team, manage a budget, and deal with complex decisions.
- Accountable for business, or departmental decisions and outcomes.

Wesley Morris or Annie Von Essen will facilitate your group, Both are seasoned organizational development consultants and facilitators, known for making spaces engaging and enjoyable while being direct and honest.

What is included when I join?

- **Monthly energizing, confidential small group coaching & support** (2 hours, MAX 9 people at a time), for 1 year (break in August, available to renew each year) [Value: \$4,950.00]
- As needed, **free monthly 30-minute emergent issue calls** -individual consulting with your coach
- **Cohort Whats App group** for resource-sharing & encouragement. [Value: priceless]

PLUS an online Clear Harbor membership:

- Bi-monthly drop-in **online group coaching** [Value: \$1,800.00]
- Bi-monthly drop-in **online peer problem-solving** [Value: \$1,800.00]
- Monthly online 30-minute **stress-reduction call** for all members with a clinical social worker [Value: \$1,650.00]
- Once a quarter optional engagement including **guest speakers, workshops, & drop-in consulting sessions** [Value: \$1,400.00]
- **Resource library** including past Guest Speakers, and workshops, member & facilitator recommended books, training, and podcasts. [Value: \$1,200]
- Network and **community of fellow leaders** + sharing of resources [Value: priceless]
- **5-day Leadership Camps** – Practice leadership & equity skills in community space. 5-day audio offerings live bi-annually.

And these bonuses!

- 1-hour FREE goal setting session with Annie
- 10% off monthly 1on1 coaching packages(depending on availability)
- 10% off team development consulting packages for your own leadership team with Vessel Strategy & Consulting

How does pricing work?

We have three levels of pricing to increase access. You choose an option that is supportive of you and the greater community based on your own access to financial resources.

- **Option 1: \$697 a month** Covers the cost of the Refuel Together cohort and ensures other members can participate at rates accessible to them. Thank you!
- **Option 2: \$497 a month** Subsidized rate - individuals & institutions with medium access to financial resources.
- **Option 3: \$297 a month** Subsidized rate - individuals & institutions with lower access to financial resources.

If more than one person in your institution joins a cohort, you will receive 10% off. (You will not be placed in the same cohort.)

You receive \$200.00 off when you pay for the year in full.

You also receive a credit of \$250.00 on any products if a friend also books a membership at the same time.

We have a limited number of pay-what-you-are-able slots for individuals who do not have access to funds.

We can discuss pricing and what works for you- [book a call here](#).

How do the discounts for team development packages work?

- Vessel Consulting supports teams to strengthen relationships, address & learn from conflict, and build an engaged, cohesive structure.
- The end goal of our team development work is to increase dialogue, communication, mutual understanding's work, and shared responsibility.
- The team development packages are custom-created and include 2 to 5 team meetings & individual team interviews.
- As a member of Clear Harbor, your institution receives a 10% discount on one team development package per year (packages not to exceed 5 team meetings).
- Vessel Consulting supports teams to strengthen relationships, address & learn from conflict, and build an engaged, cohesive structure.

More questions

What is coaching & group coaching (why not a peer-led mastermind)?

The primary purpose of coaching is supported listening space. Coaching is focused on creating and clarifying professional goals, reflection, leadership learning and growth.

Group coaching is facilitated and held space for people to gather, support each other, share resources, hold space for growth, and learn with each other.

Group coaching differs from a peer-lead mastermind group because a coach is striving to hold the container as a place where everyone can share their selves, experiences, joys & struggles. Masterminds are often focused on peer problem-solving, and although there can be problem solving when desired by a group member, it is not the sole focus of the other group members in a coaching group.

What will group coaching sessions look like?

Group calls may vary in agenda based on the needs and direction of the group and group members.

Group calls will usually include the following:

- group member check ins,
- spotlight time for a few members around emerging issues or a full group discussion
- time for reflection and writing,
- space to make commitments, check in on goals, & report back on progress,
- resource sharing (and resource requests)

What is meant by - "committed to inclusion & equity"?

- All members of Clear Harbor are committed to living out the values of inclusion and equity and putting them into practice in their personal and professional relationships and lives.
- This includes a commitment and focus on racial equity and anti-racism practices.
- Members can be in different places in their learning journeys across areas of equity.
- They have, at the minimum, taken multiple trainings and workshops and already have experience changing systems, structures, and personal behavior toward more inclusive practices and equitable practices.
- See *working definitions at the end of this FAQ*.

Is the membership focused solely on inclusion and equity learning?

- The focus of the membership is to support each individual's leadership growth and provide space for active reflection in a community committed to the values of inclusion and equity.
- Not all conversations, learnings, or offerings are explicitly about inclusion, equity, or undoing oppressive systems.
- However, learnings and offerings about inclusion, equity, race, bias, etc. may arise in any conversation or interaction. Even if it is not the sole focus of the membership, it is always a lens each member uses to engage in their leadership journey.
- All partners who join for talks and other offerings commit to inclusion and equity and continued personal learning, even if that is not the specific topic they are covering.

How do you build the groups?

- Interested participants apply to join a cohort. Not everyone who applies is guaranteed a space at this time.
- Facilitator Annie Von Essen may follow up with an inquiry call. Interested participants can request an inquiry call too.
- We are in touch about the timing and groups being built. If there is not a group that works this round, interested participants are placed on a waitlist for the next session.
- Group membership is built so that multiple sectors, backgrounds, identities (especially racial & gender identities), and personal experiences are in each group.
- Group members are chosen based on a commitment to community change, including inclusion, anti-racism, and anti-oppression.
- Group members are committed to continued growth & learning and want to build a network of support with fellow leaders.
- Small groups have only one representative from any given business or organization. More than one member of a business or organization can have a membership however they will not be in the same small group.

How long is membership?

- Membership is for one year from your group's start date, there is no cohort meeting in August.
- Members are asked to commit to the group for one year to maintain a cohesive group experience, however, members can cancel at any time and for any reason. The refund policy is included in "Terms & conditions."
- Members can renew to be a part of Clear Harbor or a new cohort each year. The groups they are in will change in make-up but may include some members from their previous year's group.

What kinds of topics will be covered in workshops & talks?

- TEAMS: build and maintain collaborative, engaged, innovative teams,
- PLANNING: create collaborative, results-driven planning processes (including methods for creating strategic frameworks, strategic plans, yearly goals and objectives),
- EQUITY, BELONGING, INCLUSION: deepen your frameworks and analysis of anti-racism and other forms of oppression, learn and actively practice actions that build more belonging, equity & inclusion,
- LESS STRESS: learn easy, doable, personal de-stress techniques & practices to avoid burnout,
- FACILITATION: lead & support others in leading engaging & effective meetings,
- BOARD: support effective Board governance that does not take up all your time,
- CULTURE: continue to build a culture of belonging, inclusion, innovation, & joy,
- DECISION-MAKING: gain tools & practices for incorporating transparent decision-making processes in your projects and institution.
- And more...

What are the 30-minute emergent issue calls?

As a Refuel Together cohort member, you have two emergent issue calls a year for free. Annie Von Essen is the coach for these calls.

You simply request to connect, and we set up the space for you to talk through emergent issues and concerns. This gives you a quick place to debrief, assess, and, if needed, begin a plan of action.

Refuel Together Working definitions:

Leader

We believe you can be a leader from any position in an institution. “A leader is anyone who improves systems, supports others to use their strengths, and moves toward a greater collective purpose.” (Adapted from: Brené Brown, Dare to Lead)

Inclusion

Inclusion is the ideal of being a part of a group or structure where the inherent worth and dignity of all people from various backgrounds are recognized and respected. (*Adapted from Fleur Larsen*)

Equity

Equity is the fair and just treatment of all people, ensuring everyone has access to the resources they need in order to thrive. Equity aims to change the structures (policies, practices, attitudes, and cultural messages) that perpetuate injustice.

Equity is transformational.

Power and resources shift to those most impacted by structural inequities.

Anti-racism

“The only way to undo racism is to consistently identify and describe it — and then dismantle it,” writes professor Ibram X. Kendi. That is the essence of antiracism: the action that must follow both emotional and intellectual awareness of racism.

If racism means both racist action and inaction in the face of racism, then antiracism means active participation in combating racism in all forms. (Source: Ibram X. Kendi & Aspen Institute)

The way Annie facilitates
meetings is excellent.
She would help us figure out
what we needed with
a positive energy.
It is the connection and
the space to not feel like
you have to show up as
just a leader,
you can just show up as
a human, and talk about the
challenges of leadership.

And I love my cohort -
with the variety of work and
lived experiences
and the ways everyone showed up.
And I enjoyed the extra learning
sessions each quarter too!

~ Dana Guy,
Executive Director &
Clear Harbor Member